



FUN EXERCISE ACTIVITIES

Living an active lifestyle will help you get in shape without having to stress about exercising. In fact, most of your favorite activities offer physical benefits that you may not even realize. If you're looking to get up off the couch and out of the house, check out a few ideas that mix fitness with friends and fun.

If you want to add definition to your legs, hop on a bike. Biking can be a blast, especially when the weather is nice.

Don't underestimate the cool factor of your trampoline. Jumping on a trampoline can burn nearly 100 calories in just 30 minutes.

Want to get in shape while listening to your favorite dance mix? If so, grab your friend and sign up for exercise classes at your local gym!

Pull some neighbors together for a game of street hockey. Playing on roller blades increases the intensity of your physical activity.

Swimming works nearly every muscle in the body and can help you build endurance. Hit the neighborhood pool with a group of friends and race each other.

Gymnastics and dance classes are another great way to get a full body workout while having fun with friends.

Don't skip out on the school dance. Dancing gives you a fantastic workout. Maybe even start a limbo line. The limbo gives your legs and ab muscles a good workout.

Gaming consoles such as the Wii and Xbox offer games that combine fitness and fun. Practice alone then dominate your friends and family.

DON'T FORGET TO STRETCH!